

## Globe BID warmly invites you to the first ever Globe Business Park Quiz!

Globe BID is excited to hold the first Globe Business Park Quiz. The Quiz will be hosted at Spaces on 14th November at 6pm and we'd love to see many Globe businesses come together to test their general knowledge. We aim to develop this event further in 2025 and create regular, fun, and competitive business-to-business events. If you'd like to enter a team (up to 6 people per team) for the quiz on the 14th, please contact Beth at [Elizabeth.bennett@groundwork.org.uk](mailto:Elizabeth.bennett@groundwork.org.uk).



**QUIZ NIGHT!**  
📍 SPACES, THIRD AVENUE  
THU 14 NOV • 6PM START  
Doors open at 5:30pm

Form a team of up to 6 people and put your general knowledge to the test against other Globe Businesses.

There will be prizes for the most creative team name and, of course, the winning team!

## Hello there!

Welcome to the October edition of The Globe, brought to you by the Business Improvement District (BID) Board. The Globe provides updates on events and activities around the Business Park and any topics that might affect businesses and the local infrastructure.

If you have anything you'd like to share with the GBP business community or would like to feature in the next newsletter, please do get in touch. We'd love to hear from you!

## The BID Team



**Gemma Hughes**

**BID Manager**

[gemma.hughes@groundwork.org.uk](mailto:gemma.hughes@groundwork.org.uk)  
07850 310592



**Beth Bennett**

**BID Project Officer**

[elizabeth.bennett@groundwork.org.uk](mailto:elizabeth.bennett@groundwork.org.uk)  
07742 875772

## Christmas In Marlow



**Christmas Lights Switch On**  
Thursday 21st November - 6:30pm

**Carols on the Causeway**  
Tuesday 17th December

## Meditation & Mindfulness

Globe BID has now held five lunchtime Meditation Sessions which have been really well received by those who have attended. The next class will be held on Wednesday 13th November 12:30pm at Spaces, Jubilee House, Third Avenue, SL7 1EY. Please do come along, no equipment or experience necessary, just arrive a few minutes beforehand to get settled.

To register your place please contact Beth:  
[Elizabeth.bennett@groundwork.org.uk](mailto:Elizabeth.bennett@groundwork.org.uk)

### 30 minute session

Wednesday 13th November at 12:30pm  
at Spaces, Jubilee House, Third Avenue, SL7 1EY

#### Sixth Class Focus:

Discover a new technique to intensify the joy in your life, learning how to train your mind and take yourself to a Happy Place. Long term practice of this technique can attract new opportunities to your life, it can be used for relaxation and for achieving long term goals.

Globe BID are delighted to invite you to our New 30 Minute Meditation and Mindfulness sessions.

Introducing tools and techniques to help calm the mind, which can be effective in as little as 30 seconds.

These sessions will help stabilise your emotions, manage your stress and anxiety levels, increase clarity, focus and concentration in your work, life and relationships.

Open to all, learn how to increase the levels of joy and happiness in all areas of your life. Short impactful sessions to fit into your busy day.



Presented to you by Positive Mind Group.

## Autumn Wellness Walk

A big thank you to everyone who participated in the Autumn Wellness Walk on the 3rd October. We were blessed with beautiful weather, and even completed the extended route. The walk was perfectly rounded off with a delicious, well-deserved lunch, provided by Globe BID. Taking time out from our hectic schedules is essential for our well-being, and we appreciate everyone who made it a priority to join us!



## Business Sustainability Group Meeting 10th October

On October 10th, we held our third Globe and Cressex Business Sustainability Group Meeting, and it was an engaging and insightful session. Our guest speakers, Simply Sustainable, provided an impactful presentation on decarbonization and the significance of developing a comprehensive ESG strategy. The group is open to all businesses at Globe Business Park, so be sure to stay tuned for details about the next meeting!



## New Event: HIIT Classes at Leo Gym

We are excited to share that we will be starting HIIT classes at Leo Gym, the first class is booked for Thursday 21st November at 5:00pm, please do keep an eye out for more details in the coming weeks.



## Globe Business Park BID goes to Ballot!

The Globe Business Park BID team is excited to present the 2025-2029 Business Plan proposal for BID3. Our mission is to enhance and promote Globe Business Park as a great place to work, conduct business, and work with the town to promote all that the local Marlow area has to offer. Throughout the first two terms, the BID has invested in Globe to create a vibrant trading environment.

Our BID3 proposal outlines our priorities for the next five years, and we are seeking your support to ensure Globe Business Park continues to thrive as a safe and secure location, while also becoming greener, cleaner, and more sustainable for businesses, organisations, and their employees. Please take a moment to review the BID3 proposal on the Business Park's newly improved website:

[www.globebusinesspark.co.uk](http://www.globebusinesspark.co.uk).

Eligible levy-paying businesses will receive a Ballot Paper from Civica, from October 31st. Please keep an eye out for the envelope—your vote is very important to us. This renewal ballot is your chance to vote 'YES' to maintain and further develop Globe Business Park as an exceptional place to do business. You will have until November the 29th to submit your vote!

Completed Ballot Papers can be returned by Royal Mail post in the prepaid envelope provided, to avoid any issues we are recommending using a reputable courier or Royal Mail recorded delivery to ensure your vote arrives safely. If you'd prefer to have your sealed ballot paper collected and couriered directly to Civica please email [gemma.hughes@groundwork.org.uk](mailto:gemma.hughes@groundwork.org.uk) and we will gladly arrange this for you.

Any questions at all please do contact Gemma or Beth.



## Wycombe Food Hub: Fighting Food Insecurity and Building a Community of Support

In response to the growing challenges of food insecurity and economic hardship, Wycombe Food Hub is making a significant impact for families in need by providing access to essential food and resources. Based in Wycombe, our goal is both simple and powerful: to reduce food waste while alleviating hunger within our local community. Since our inception, Wycombe Food Hub has become a vital lifeline, serving approximately 100 individuals daily with frozen, fresh food and staple items.

### Who Can Help

Our success relies on the compassionate involvement of volunteers and donors within the community. If you are passionate about supporting families, reducing waste or volunteering, we welcome your help. Whether you can spare an hour or offer a longer commitment, our volunteers are the heart of Wycombe Food Hub, assisting with food sorting, stocking and direct community outreach.

### The Help We Need

To continue our mission, Wycombe Food Hub requires both financial support and donations of food and essential items. We are also seeking individuals with organisational skills and a passion for community work, particularly those with backgrounds in business strategy, fundraising or retail, who can strengthen our operations and outreach.



### Business Partnerships: How Companies Can Join Us

Local businesses have a unique opportunity to get involved by donating surplus food, sponsoring our activities or offering financial support. Grocery stores, local farms and logistics companies with strong community ties can make a meaningful impact by partnering with Wycombe Food Hub. Together, we can foster a thriving, resilient community and ensure that resources reach those in need instead of going to waste.

For more information about how to get involved, please visit our website: [www.wycombefoodhub.org](http://www.wycombefoodhub.org) or contact us at [contact@wycombefoodhub.org](mailto:contact@wycombefoodhub.org) T: 01494 913 626

Any questions at all please do contact Gemma or Beth.

## Shine a Spotlight on a Globe Business... Bonds Packaging

Bonds Packaging is a leading UK food packaging company supplying quality packaging products to the bakery and food-to-go trade offering:

- A complete range of over 700 different packaging lines
- Ranges including bespoke branded and eco-friendly products
- Delivery via our own branded vans and friendly drivers
- An online Shop delivering overnight nationally

From our beginning, we have grown rapidly and established a strong reputation through consistently demonstrating:

- A commitment to highly competitive prices
- Fantastic second-to-none customer service (awards 4 years running)
- A highly experienced team with a reputation for professionalism, quality and a passion for the business and its customers



T: 01628 488267 E: [sales@bondspackaging.com](mailto:sales@bondspackaging.com)

W: [www.bondspackaging.com](http://www.bondspackaging.com)

'Bucks Business Awards – Excellence in Customer Experience – 2024 Finalist'

'FPA Regional Distributor of the year 2023'

'Best Food Packaging Company 2022 – Southern England'



## Do you receive our email communications?

If not, please let us know so you can be kept up to date with everything going on at Globe.

## Shine a light on your Business

We are here to support Businesses on Globe, if you would like your Business to appear in future editions of The Globe please do contact us so we can feature you!



## Business Park Directory

2 Heads

Alterra (Intel)

AH Tripp and Son

Alliance Disposables

Amicus

BAP Pharma

Bare Snacks

Bonds Packaging

Chelton

Cooper Antennas

Court Motors

Dense Air

Genesis Gym

Gordons Solicitors

Home Counties Storage Systems

Koppers

Kyowa Kirin

Leo Gym

Maidenhead and Slough Tyre and Exhaust Co

Marlow Fire Station

Marlow Tandoori

Millar's @Coopers Café

Motorworx

Pink Accounting Resources

PJ Investment Group

Protim Solignum

Rex Proctor and Partners

Screwfix

Sennheiser UK

Softcat

Sorb Engineers

Spaces

Stevend

Superstars Events Management

Symrise

Virgin Media/O2

Ticco Foods

The Marlow Club

The Ralph

Tower Garage

Tradebe Environmental Services

Travelodge

TSL

Twogether

Whistl



Globe Business Park

For any general queries please email us at  
[globebid@groundwork.org.uk](mailto:globebid@groundwork.org.uk)